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Vitamin D

For Good Bones and Teeth

Rats from the same litter, 20 weeks old

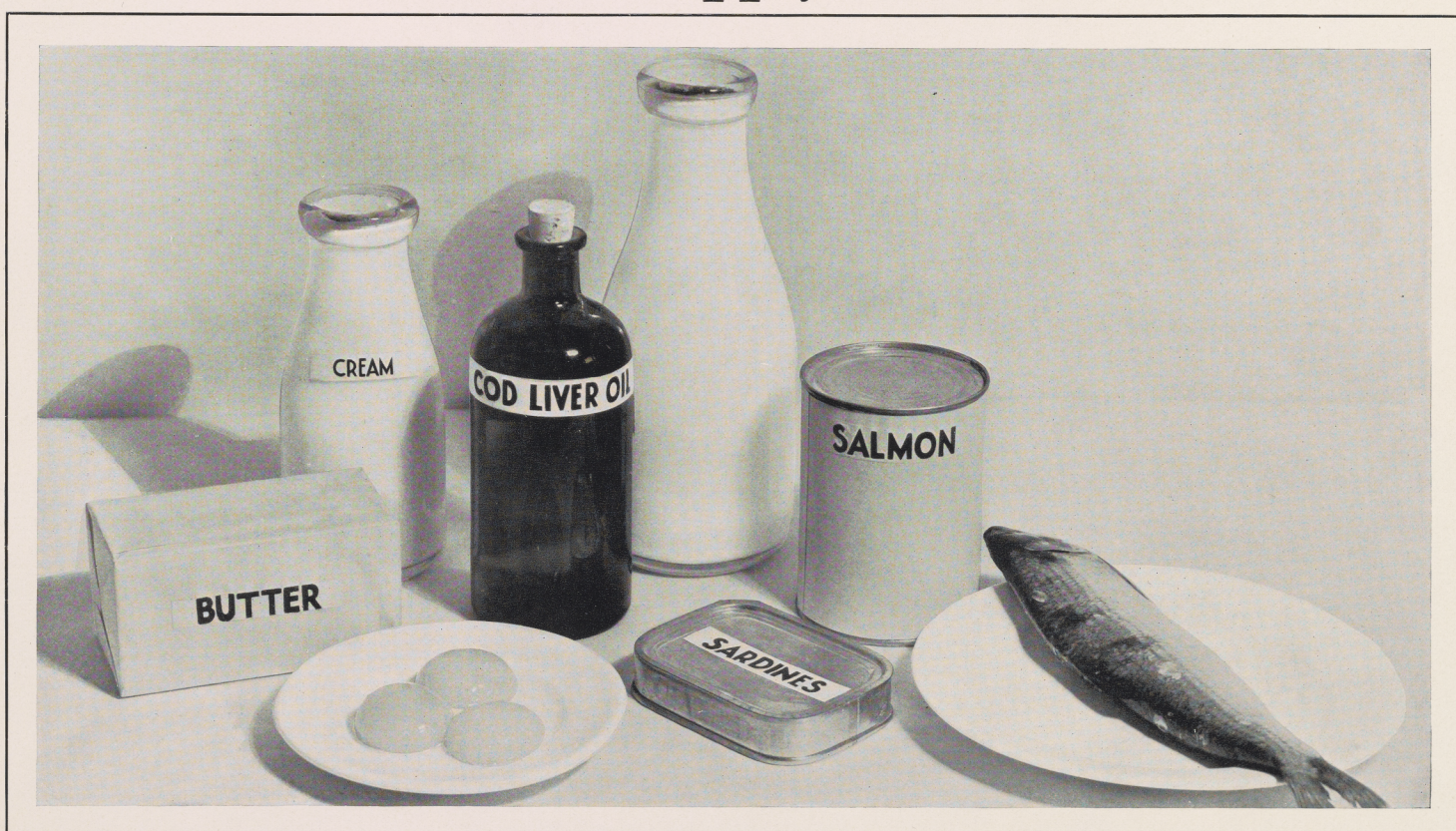


This rat had no vitamin D. Note the short body and bowlegs—typical signs of rickets



This one had plenty of vitamin D. Its bones are strong and straight

Foods that Supply Vitamin D



Fish-liver oils
Certain other fish oils
Oily fish, such as herring, sardines, salmon

Small amounts in { Milk
Cream
Butter
Eggs